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Tyndall Air Force Base, Fla. *Gulf Defender*

Sept. 15, 2000



2nd Lt. Angela Rogers

## Working on the radar

Senior Airman Joel Welch, 325th Maintenance Squadron avionics test station and component journeyman, troubleshoots and repairs an F-15 radar antenna. The radar antenna searches for and locks onto the targets that the F-15 will engage.

# Volunteers needed for coastal cleanup

## 2nd Lt. Jake Salmond

325th Civil Engineer Squadron  
*natural resources flight*

Team Tyndall members can help keep our beaches clean and learn about the sources of pollution by taking part in the International Coastal Cleanup 8-11 a.m. Sept. 23 at the NCO Club beach.

The International Coastal Cleanup is a global project of the Center for Marine Conservation and is supported by an international network of environmental and civic organizations, government agencies, industries and individuals who remove debris and collect valuable information on the amount and types of debris. This information serves to educate the public on marine-debris issues and to encourage positive changes that will reduce debris in waterways and enhance aquatic en-

vironments.

The mission of the International Coastal Cleanup is:

- To remove debris from the shorelines, waterways and beaches of the world's lakes, rivers and oceans.
- To collect valuable information on the amount and types of debris.
- To educate people on the issue of marine debris.
- To use the information collected from the cleanup to effect positive change on all levels, from the individual to the international — to reduce marine debris and enhance marine conservation.

The International Coastal Cleanup is about people ... people all over the world who care about the health of our planet and who put that care into action. Since the cleanup began in 1986, over one million people, all volunteers, from more than 90 countries and 55 United States and terri-

tories have taken hands-on action to clean the oceans and shores of our planet. The cleanup's effectiveness continues long after the last bag of trash is hauled away and the volunteers go home.

Many cleanups spawn recycling campaigns, public education programs, adopt-a-beach programs and even stormwater system overhaul and legislative reform. Each cleanup creates ripple effects in all directions — jolting people awake to the magnitude of the problem, triggering new ideas for workable solutions, spreading interest, enthusiasm and dedication. These ripples become great waves of change, altering forever the face of our planet.

People can get involved locally by showing up at the NCO Beach pavilion. Participants will gather at the

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# 325th OSS explains flying hour program

*Courtesy of the 325th Operations Support Squadron*

FHP? ASD? TKO? While many of us recognize the last three-letter acronym as one of the ways a boxing match can end, the other two are more than likely recognizable only as combinations found in a bowl of alphabet soup. Believe it or not, these letters are very important to the wing as they relate to how the wing accomplishes its mission—to train the world's best air superiority team. Measurement of the Flying Hour Program is an indicator of where the wing stands on the training time line.

The FHP is how the wing must, over the course of a year, fly the number of sorties and hours allocated by higher headquarters. It requires detailed planning and monitoring

throughout the year, and when broken down into its components it is a simple, logical process.

The overall process is divided into two basic sections; planning and execution. Planning involves everything accomplished prior to the beginning of the flying year to create the FHP. Execution involves tracking actual flying hours against the plan and modifying it when necessary. Execution culminates when the last sortie flies the last flying hour at the end of the year.

Planning the FHP begins prior to the start of the actual flying year, which runs from Oct. 1 to Sept. 30. The goal is to have the final FHP for the next fiscal year complete around the end of August. The final FHP is forwarded to Headquarters Air Education and Training Command.

The yearly FHP's goal is to divide the allo-

cated sorties and hours equitably across the months based on the number of available operations and maintenance days in each. The results are sent to AETC and are what the wing is scored against to determine whether we are behind or ahead of schedule. These numbers, once set, are normally not changeable during the year unless unusual circumstances beyond our control force an adjustment.

The driving force behind the yearly FHP comes from AETC, who gives us our tasking for the year in the form of how many students we need to produce, and the tools to accomplish it in the form of sorties and flying hours. These inputs consist of:

- Total sorties and hours for the year.
- Planning Average Sortie Duration, which is hours divided by sorties for the year.

●Monthly Program Flying Training loading, which is student training.

●Operations and maintenance days.

●Historical attrition: additional sorties planned for weather, maintenance, unsuccessful missions, etc.

●Number of aircraft available, usually constant, but can vary.

●Planned deployments.

●Maintenance capability.

●Operations capability.

Each month's plan is then built factoring in what's required, including additional sorties to account for the aforementioned attrition factors. At this point the FHP has been created. The number of required sorties and hours in

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# CFC kicks off Monday

**Capt. Mark Sotallaro**  
*Combined Federal Campaign  
project officer*

It is that time of year again. The Combined Federal Campaign officially ‘kicks off’ Monday and will continue through the end of October. This is another avenue allowing Team Tyndall to help those in our community, state and country who are less fortunate.

We do not have to look far to see where CFC agencies are benefiting our own community. Consider what organizations are the first to answer the call for help when natural disaster hits. This is where your CFC dollar can make a difference. If we are lucky, our families will never have to use the many relief organizations sponsored by the CFC, but you just never know.

This year, as always, the money you give to the CFC goes to help the organizations of your choosing. Included

are health, welfare, ecological and many other organizations in local, state, federal and international arenas. These eligible organizations are strictly screened to assure they fulfill all criteria set forth by the Office of Personnel Management, including low administrative costs. This way you know the money you give goes directly to the intended person or cause, and is not lost in agency overhead costs.

A further benefit of the CFC is that it is easy to give. We, as military and federal employees, are not approached weekly or monthly with different charitable organizations asking us for donations. By filling out a simple pledge card once a year, we can budget our donations through monthly allotments that will be taken from our paychecks, without having to constantly reach deeper into our wallets.

Many people do not realize how far their CFC donation can go. Some ask,

“what can my \$2 a month do?” A local example is the Bay County Council on Aging, a United Way agency. For every \$1 donated, the federal government donates \$9, allowing the United Way to provide five hot meals to homebound seniors in Bay County through the Meals on Wheels Program. Many other local charities work similarly, making your donation more valuable than you know.

This year, Team Tyndall’s cumulative CFC goal is more than \$160,000. Each squadron and group has its own representatives and key workers to help people fill out their pledge cards. Each donor has the option of paying by check or through payroll deduction. People can also make a one-time donation.

Please take the time to fill out a pledge card and open your heart to help someone in need. The CFC needs people like us.



## Combined Federal Campaign: Why I give

*Brig. Gen. William F. Hodgkins*

**Unit:** 325th Fighter Wing

**Job Title:** Commander

**Hometown:** Auburn, Ala.

**Why I give:** “Basically I give because the CFC benefits people. I designate to agencies that mean a lot to me. Agencies like the American Heart Association, because both of my parents died of heart attacks and I would like to help the AHA fight this disease. I also give to the Boy Scouts of America because of the experiences my children and I



had through them. I believe there are many worthy causes represented by the CFC, and everyone can find something they would like to support, whether it be on the local or the national level.”



# Readiness on upswing, continuing effort needed

**Linda D. Kozaryn**  
*American Forces Press Service*

**WASHINGTON, (AFPN)** — Military readiness is on an upswing due to increased funding in the Fiscal 1999 and 2000 defense budgets, but more resources are needed to address commanders’ concerns, senior defense officials said.

Readiness concerns “drive the budget more than anything else,” said a senior Pentagon official. The Department of Defense has added \$150 billion to the defense program since the 1997 Quadrennial Defense Review, he said, most of which went to personnel, operations and maintenance.

The added funds are having a positive impact on spare parts shortages and other readiness factors, the official said. The Air Force, for example, has put about \$2 billion into spare parts over and above its baseline program.

“That doesn’t mean we’re perfect,” or that “there aren’t problems,” he stressed. “It doesn’t mean that we didn’t learn things from Kosovo, for example, that we have to address.”

DOD officials say that improving readiness further, while preparing for future challenges, requires more attention, time and resources. The military is facing several challenges, the official said. In some cases, in order to man combat units, the Army has pulled cadre from training schools.

“Is it harder to recruit today? You bet,” the senior official said. “Are we putting more resources into recruiting? Absolutely ... this is a tight labor market. It’s amazing that we’re still taking literally tens of thousands of

young American males and females and bringing them into the armed forces.”

The DOD’s Quarterly Readiness Report to Congress for April to June states that America’s armed forces remain capable of executing the national military strategy. Defense planning guidance directs the services to maintain certain levels required to execute national strategy. The DOD evaluates readiness in three major categories: personnel, training and equipment.

Unit readiness is satisfactory in most cases, the report states, “although some deficient readiness indicators, especially manning and training, are a concern.”

DOD and service officials have taken active measures to address these issues, but concerns remain about personnel shortages and aging equipment.

The report also highlights “joint readiness” concerns expressed by the commanders in chief regarding their ability to “synchronize and utilize forces to meet theater and national objectives.” The CINCs’ assessment emphasizes eight areas of strategic concern:

- Command, control, communications and computer deficiencies.
- Intelligence, surveillance and reconnaissance deficiencies.
- Mobility shortfalls.
- Logistics and sustainment shortfalls.
- Terrorist and weapons of mass destruction challenges.
- Information vulnerabilities.
- Stress on the force from ongoing contingency operations.
- The ability to quickly disengage

from ongoing operations to meet time lines for a two major-theater war scenario.

A classified annex to the report contains details on these concerns and steps the DOD is taking to address them.

“Most major combat and key support forces are ready to meet assigned taskings, although there are force readiness and capability shortfalls that increase risk in executing operations,” according to the report. “Risk factors for executing ongoing operations and responding to a major theater war are moderate, while the risk for a second major theater war is high.”

This risk assessment does not reflect the DOD’s ability to win a major theater war, but rather its ability to meet the commander in chiefs’ time lines for the war. It states, “Thus potentially longer time lines required to complete the halt and buildup phases and initiate the counter-offensive increase the potential for higher casualties in the interim and during the war.”

The DOD’s latest quarterly report highlights readiness trends affecting the services. While recruiting remains a major concern, for example, each of the services predicts achieving its year-end recruiting goals.

“A lot of the problems we see today — for example, the pilot shortage in the Air Force — were fully predicted ten years ago,” he said. Rather than break their contract with people in the service, the Air Force elected to cut accessions. These are the “legacy force structures” that we’re trying to manage today.”

Through increased recruiting efforts today, the services are still attracting

sufficient people to man the force. The Army, for example, which exceeded its June goal by 312 recruits, has extended its \$50,000 Army College Fund Program through September. As of May, the Marine Corps had achieved its recruiting goal for 58 consecutive months.

The Navy has increased its recruiting force to 5,000 to improve its delayed-entry program and meet its goals. The Air Force, which fell 1,700 recruits short of its Fiscal 1999 goal, and was about 2,900 short of its May goal this year, predicts it will meet its Fiscal 2000 goal.

Retention is another service concern. The Army predicts continuing success in its retention program. At present, about 60 percent of the Army’s eligible first-termers decide to reenlist. “That’s what saved us on recruiting numbers last year,” the official noted. “We made our end strength because we far exceeded — by 7,000 — our reenlistment goal.”

The Army’s training base attrition is down from a high of 20 percent in November 1998 to 14 percent in June 2000. The Army continues to experience shortages in some critical enlisted skills and at the rank of captain.

The Navy is shifting more resources toward retention this year, the official said. According to the report, enlisted retention continues to improve, but remains a concern. Navy manning of its at-sea billets continues to improve for both junior and senior enlisted ranks.

The report notes, however, that the Navy is not retaining officers needed for lieutenant-level billets. Nor is the Navy maintaining authorized end

strength in all areas.

Continuation-pay bonuses aimed at retaining aviation and submarine specialists are showing positive results. Surface-warfare continuation pay has increased retention; however, projected rates are still less than required.

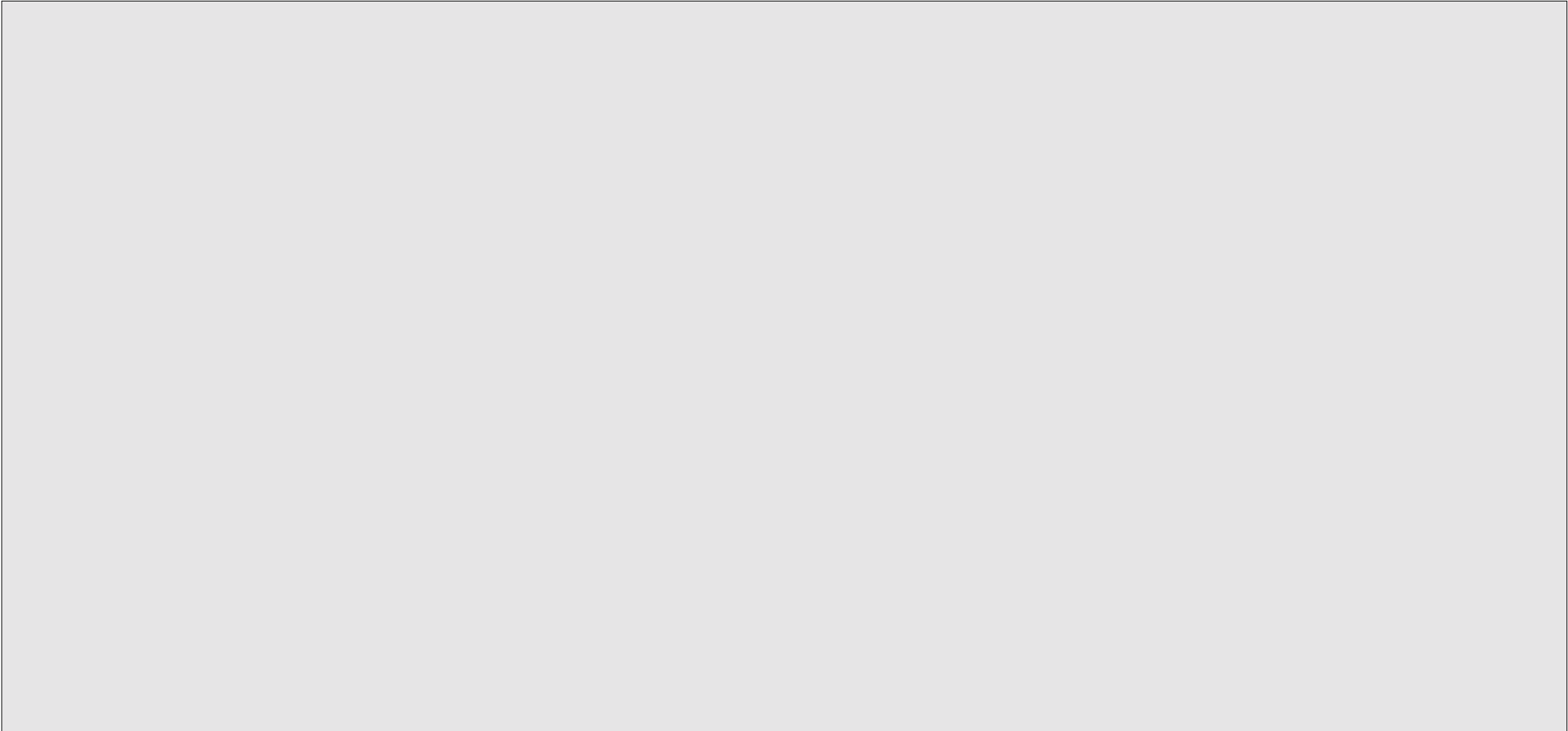
The Marine Corps is cautiously optimistic about its retention program, according to the report. Marine officials aim to reenlist an all-time high of 26 percent of eligible first-term Marines. The Marine Corps continues to face challenges retaining fixed-wing pilots and some high-skill, high-demand, low-density specialties.

Overall officer, first-term and second-term enlisted retention trends continue to challenge the Air Force. “Although the Air Force is short 1,200 active-duty pilots, it has been able to mitigate the impact of some of the shortfall by prioritizing cockpit billets at the expense of staff positions,” the report stated. Initial indications are encouraging that new compensation incentives will help stem the overall pilot shortfall.

So what does this all mean? Are the armed forces ready to carry out their missions?

“This is still a remarkable force,” the senior official said. “Just about a year ago, we fought an air war the proportion of a major campaign, and we flew more than 38,000 allied sorties with only two planes down.”

Operation Allied Force demonstrated the efficiency and productivity of the Air Force, he stressed. “It’s a tough business,” he said. “They fought a major strategic war ... and if they had to do it again, then they would do it again.”



# New program offers tax break for federal employee health insurance participants

## Program is automatic for FEHB participants unless they disenroll

**RANDOLPH AIR FORCE BASE, Texas (AFPN)**—Federal employees who have Federal Employee Health Benefits premiums withheld from their pay will see more money in their paychecks when a new premium-conversion program goes into effect in October.

Premium conversion uses federal tax rules to let employees pay their share of health insurance premiums from their before-tax income, thereby reducing their taxes.

The plan is similar to the

private sector, which has allowed employees to deduct health insurance premiums from taxable incomes for many years.

“Since the new premium conversion lowers the employee’s taxable income, federal employees will save money, not only on federal income tax, but Social Security and Medicare as well,” said Cynthia Birge, Air Force Personnel Center Civilian Personnel Operations benefits services chief. “In most cases they will also save on state and local income tax.

“We feel most of the employees serviced under Palace Compass will want to participate in premium conversion,” Birge said. “However, it’s remotely possible some individuals might not want the tax savings for two potential reasons, flexibility and Social Security.”

Currently, employees have the flexibility to change from self and family to self only, or cancel their FEHB at any time.

Under premium conversion, employees may make these changes only during the FEHB open season or upon a qualifying event, such as marriage, birth of a child, change in a spouse’s employment, loss of coverage because of health plan and quitting or becoming insolvent.

While premium conver-

sion reduces the amount of taxable income, it may also slightly reduce the base on which Social Security benefits are calculated.

There may be rare situations where it may be advantageous to pay full Social Security taxes rather than lower Social Security taxes under premium conversion, for example, an employee covered by the Federal Employees Retirement System who pays no income tax. However, these rare cases

do not involve employees covered by the Civil Service Retirement System or CSRS Offset plan. For most individuals, the benefit of having more take-home pay will outweigh the slightly lower Social Security benefit.

Participation in premium conversion is automatic for employees participating in the FEHB program.

If the employee wants to participate, they do nothing. Employees who are in

the FEHB program and do not want to participate in the program must waive participation by submitting a premium-conversion waiver.

“The decision to participate in or waive premium conversion is a personal one and must be made on an individual basis,” Birge concluded. “In the next two weeks we will be sending out a letter to each employee serviced by Benefits and Entitlements Service Team containing detailed information on premium conversion to assist them with their decision.”

For more information on premium conversion go to the Office of Personnel Management web site at: [www.opm.gov/insure/health/pretaxfehb/index.htm](http://www.opm.gov/insure/health/pretaxfehb/index.htm).

### ●FHP from Page 1

each month have been locked by the yearly FHP and form the standard against which success is measured. The sorties within each month have been distributed into daily schedules, and all involved parties have verified the entire plan as supportable.

The execution phase involves flying out the program based on the plan. It must be constantly monitored and modified, if necessary. If unexpected events occur, or attrition runs either higher or lower than historical averages, the plan must be adjusted to ensure the end of the year close out occurs successfully.

Weekly execution verifies progression toward the monthly and yearly plan.

As the month progresses, changes must be monitored. If significantly ahead or behind, considering both the monthly execution and the overall yearly execution, we would adjust the next week’s schedule, subject to operations’ and maintenance’s capabilities. Once the weekly schedule is finalized, it is held firm to provide some short-term stability.

How does all this relate to you? Squadrons from the operations group and logistics group may do the day-to-day job of generating and flying aircraft and training our air superiority

team, but without the support of other agencies on base they couldn’t get the job done. Among other things, support group and medical group units provide us the facilities and means to stay physically and mentally fit, help keep our day-to-day lives in order, provide security for our base and maintain our buildings. We all take part in getting Tyndall’s mission accomplished.

Hopefully this has successfully explained the details of the FHP and how it affects everyone. Currently we are nearing the end of another 100 percent-successful year of program execution, and look forward to the same success in the coming fiscal year.

### ●CLEANUP from Page 1

pavilion and be registered for the event at that time. The 325th Civil Engineer Squadron natural resources flight will provide vehicles to transport volunteers and debris collected from our beaches. Volunteers will be organized into groups and will clean up designated beach areas.

Drinking water will be available on the vehicles and at the registration pavilion, but people will need to bring their own sunscreen and all volunteers will be required to wear shoes.

For more information, call the natural resources flight, 283-4354. This is truly a great way to show your appreciation for our beaches.



# Viewpoint

## Gulf Defender Editorial Staff

**Brig. Gen. William F. Hodgkins**  
325th FW commander

**Capt. John Dorrian**  
325th FW public affairs officer

**Tech. Sgt. Sean E. Cobb**  
editor

**Tech. Sgt. Mona Ferrell**  
assistant editor

**Teresa Nooney**  
News Herald staffer

**2nd Lt. Chris Dunn**  
staff reporter

**2nd Lt. Angela Rogers**  
staff reporter

**e-mail**  
editor@tyndall.af.mil

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For more information, or to advertise in the newspaper, call (850) 747-5000.

## Safety stats

Category	'00	'99	Trend
On duty	1	0	+1
Off duty	7	6	+1
Traffic	3	1	+2
Sports	3	5	-2
Fatalities	1	0	+1
DUIs	13	7	+6

# Commander's Corner:



**Brig. Gen. Hodgkins**

**Brig. Gen. William F. Hodgkins**  
325th Fighter Wing commander

Today marks an important time of remembrance for all Americans, but it is an especially solemn occasion for those of us serving, or who have served in the Armed Forces. POW/MIA Recognition Day is a special time for us all to reflect on the fact that our profession calls us to make great sacrifices — some make more costly ones than others.

Members who served as POWs carry with them memories that I'm sure they hope will never be experienced by others, but we know the possibility exists. In honor of the brave souls still missing, we carry their memory with us and strive to honor them in everything we do. So today, take a moment, join our ceremony at flag park, and remember... lest we forget.

My special thanks to **Senior Master Sgt. Sam Kimbrel**, 325th Medical Group, this year's POW/MIA Recognition Day project officer, for putting together today's event. Sam said he could not have put the event together without the help of **Senior Master Sgt. Bill Mason**, 325th Contracting Squadron, and **Tech. Sgt. Ish Mohammed**, 325th Mission Support Squadron. They took care of every minute detail ranging from typing letters to ensuring more than 30 former POWs, their

families and family members of service members still missing are able to attend. I know it will be a truly fitting tribute that ensures Team Tyndall honors the service of these brave people.

Another important responsibility associated with being a citizen is quickly approaching... your right to vote. I'll take it a step further and say it's your obligation. Whether by absentee ballot or at the voting stations, if you don't exercise your right to vote, you've lost a chance to affect democracy.

In the weeks to come there will be many local, state and federal elections. I offer this as a reminder to contact your unit voting official, complete an absentee ballot or get to the voting station and let your government hear your voice.

Finally, this week we again tackled another important phase in readiness and preparation for the pending inspection. The deployment and employment exercise was an opportunity to look hard at an area that will be examined thoroughly during the Operational Readiness Inspection. I appreciate the sense of urgency everyone displayed during this exercise, but we're not there yet. I ask each of you to raise the bar during our next opportunity to practice, work any last minute bugs out of the system and then show them what Team Tyndall is made of in January.

Have a great week and remember we're America's Air Force... no one comes close!



## Action Line



Tech. Sgt. Sean E. Cobb

**Staff Sgt. Arthur Hosley Jr., 325th Logistics Group commanders' support staff NCOIC, left, and Col. Armand P. Grassi Jr., 325th LG commander, go over some reports.**

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

**Brig. Gen. William F. Hodgkins**  
325th Fighter Wing commander

# Remembering sacrifices of America's POW/MIAs

**Gen. Lester L. Lyles**  
Air Force Materiel Command commander

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN)** — Charles Barden used to live in Cuyahoga Falls, Ohio. He went to college, got his degree, became a captain and a UC-123B aircrew member in our United States Air Force.

Ralph Brower lived in Stow, Ohio. He also went to college, got his degree and became an Air Force captain; only he was a crewmember in an HH-3A aircraft.

I don't personally know either of these gentlemen. I'm not sure if either of them was married, had children or exactly what their lot in life was.

What I do know is both Barden and Brower were shot down over Laos Jan. 31, 1967 and Nov. 9,

1967 respectively. These warriors are two of more than 2,000 Americans listed as missing in action from the Vietnam War and other American conflicts.

Many Americans made the ultimate sacrifice in those conflicts, and many others were captured and taken as prisoners of war. These heroes endured torture, suffering and pain simply for being Americans. Some of them have been scarred for life as a result. Others were fortunate to come home relatively unscathed.

But for the Bardens and Browsers and the thousands of others whose remains have not been returned or are unaccounted for, that was not the case. Their families are still waiting for news of their loved one's fate — any shred of information. Did they

# DOD members encouraged to know election year rules

**Walter Pupko**  
*Air Force Materiel Command law office*

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN)** — This is a presidential election year, a time when interest in politics is at its highest. Department of Defense civilian employees and service members are encouraged to exercise their right to vote for the candidates of their choice.

However, in order to ensure there is not even the appearance of official endorsement of any candidate or other partisan political issue, there are restrictions on military members and DOD civilian employees’ political activities. People may not know what they are and are not permitted to do.

Unless otherwise noted, the rules listed below are the same for both DOD civilian employees and military members.

- Political activities that appear to be official are strictly prohibited.
- You may not engage in political activity while on duty or in a government office.
- You may not use your official authority or influence to interfere with an election.
- You may not solicit or discourage political activity of anyone having business with your agency.

Military members and DOD employees are permitted to express opinions about candidates and issues, as long as they do not do so as a representative of the Air Force.

However, there are some limits on how you may express your opinions.

Civilian employees may send letters to the editor to support a candidate, but military people may only send letters to the editor expressing their views on public issues that do not involve a partisan political cause.

Here are some additional rules to follow:

- Military members may not allow, or cause to be published, partisan political articles signed or authorized by the member for soliciting votes for or against a partisan political party or candidate.
- You may have a sign supporting a candidate outside your house.
- You may have a bumper sticker on your car, and you may wear a button when you are off-duty, away from the work place and not in uniform.
- Civilian employees and military service members who wish to contribute to a political campaign may do so, as long as they make their monetary contributions to a political organization or political committee favoring a particular candidate.
- Civilian employees cannot solicit or receive political contributions. There is a limited exception for labor or other employee organizations.
- Military members may not solicit or otherwise engage in fund-raising activities in federal facilities, may not otherwise solicit contributions from other military or civilian employees, and may not sell tickets for or otherwise promote political fund-

raising events.

The restrictions on political activities are less severe for civilian employees than for military people:

- Civilian employees may join and be an active member of a political party or club. They may also campaign for or against a candidate in a partisan political campaign, make campaign speeches for candidates, distribute campaign literature, sign nominating petitions, attend and be active at political rallies and meetings and participate in voter-registration drives.
- Military members may join a political club and attend meetings when not in uniform and may sign nominating petitions.

Military members may not participate in partisan political campaigns, march or ride in a partisan political parade, participate in partisan political campaigns or make public speeches in the course of such activity and may not speak before a partisan political gathering to promote a partisan political candidate.

The U.S. Office of Special Counsel is responsible for implementing the restrictions that apply to civilian employees’ political activities. More information on these restrictions can be found in a flyer available at its web site at [www.osc.gov/documents/haflyer.pdf](http://www.osc.gov/documents/haflyer.pdf).

For more information on permitted and prohibited political activities for Air Force members turn to Air Force Instruction 51-902.

# Don’t forget to register to vote

**RANDOLPH AIR FORCE BASE, Texas (AFPN)** — Officials at the Air Force Personnel Center want to remind Air Force members of the importance of registering and requesting absentee ballots.

“Voting is a hard earned right and privilege of all American citizens,” said Maj. Pat Leslie, chief of military equal opportunity and Tyndall’s alternate installation voting officer. “It allows people to influence the direction of their daily lives when they can express their opinions about candidates and issues.”

Registering to vote is important. “The 2000 general election date is closing in, so voters need to remember to register and request absentee ballots,” said Tech. Sgt. Sophia Barnard, Air Force Voting Program project officer. “Voters can register and request absentee ballots by filling out a Standard Form 76, Federal Post Card Application. There are also now 42 states that accept the online version of the FPCA, so check out the Federal Voting Assistance Program web site to see if your state is one of them.”

Deadlines and other state-

specific rules on voter registration are published in the Federal Voting Assistance Guide which is available from installation voting officers or on the FVAP web site.

Most states require people to be registered to vote 29 days before the date of the election.

“Every installation has an installation voting officer who can assist airmen and their family members,” Barnard said. “Installation voting officers will have a supply of Federal Post Card Registration and Absentee Ballot Request cards as well as the voting guides to assist in filling out and mailing them. If members don’t receive their ballots 30-45 days before the election, they can contact their local election officials or installation voting officers for assistance.”

For more information, Tyndall members may contact their Unit Voting Counselor or call the 24-hour Tyndall Voting Action Line at 283-8083. For further information, they may contact the Air Force voting action office at DSN 665-2563 or (800) 558-1404 or check out the FVAP web site: [www.fvap.ncr.gov](http://www.fvap.ncr.gov).



# Services consolidate exchange charge cards

**Gerry J. Gilmore**  
*American Forces Press Service*

WASHINGTON (AFPN) — Life is getting simpler for military exchange customers: Now there’s just one charge card instead of two.

The Department of Defense mandated the consolidation of the Delayed Payment Plan charge card issued by the Army and Air Force Exchange Service and the NEXCARD used in Navy and Marine exchanges, said Connie Gordon, Fort Belvoir, Va., AAFES facilities general manager. The Military Star Card is the result, she said.

The Star Card will be accepted at most of the AAFES, Navy, Marine Corps and Coast Guard exchange facilities, to include catalog and military clothing stores operated by AAFES and Marine Corps exchanges, Gordon said. Previously, the only exchange-issued cards that stores honored were their own.

“We expect the Marine Corps and Coast Guard to be opening up more sites to accept the Military Star Card very soon,” Gordon said.

AAFES, the Naval Exchange Service Command, the

Marine Corps Exchange Service and the Coast Guard have approved the new card for use, she said. The official implementation date was Sept. 3, she added, but DPP cardholders in good credit standing began receiving their Star Cards in the mail weeks ago.

Customers are asked to destroy their old DPP and NEXCARD cards upon receipt of their new Star Card, according to exchange officials. Customers may still use old cards until Dec. 31; only the Star Card will be accepted after that. The Star Card cannot be used at Class VI package stores or exchange theaters. They also cannot be used at food courts, which are usually operated by contractors.

Authorized customers who haven’t received their new Star Cards by the end of October should call (877) 891-7827 starting Nov.1.

The new program features redesigned balance statements designed to help customers better manage their accounts, Gordon said. The Star Card carries a 14.25 percent interest rate, the same rate as the cards it supercedes, said Stacy Martinez, AAFES customer service agent. That rate, she said, is competitive with similar store credit cards.

## Uniform prices to change

DALLAS (AFPN) — Each year, the Defense Supply Center in Philadelphia reevaluates issue uniform prices based on costs of material, labor, distribution and warehousing.

These adjustments, whether up or down, must be taken in October ... the beginning of the government fiscal year.

Army and Air Force Exchange Service customers are reminded to plan ahead and purchase items in advance to avoid October price adjustments. If you are in a location that does not carry issue items, please use the AAFES web site at [www.aafes.com](http://www.aafes.com) to make all your issue uniform purchases.

The good news is that regardless of any changes, your AAFES still has the best price in town by selling issue military clothing at

cost, with no markup.

AAFES manages all Army and Air Force-owned Military Clothing Sales Stores for the services and is required to obtain “issue” military clothing exclusively from the DSCP.

In addition to the basic assortment of issue items, AAFES offers “optional” items procured from commercial sources and sold at normal markup, with earnings benefiting Air Force Services’ programs, as well as the Army’s Morale, Welfare and Recreation programs.

This month, military members and their families will be able to use the new all-services Military Star card to purchase uniform items and any other items sold in more than 9,000 exchange locations around the world.

## Latin Night



*Latin night at the enlisted club is 9 p.m.-1 a.m. Saturday. Entrance is free for members, and guests and non-members pay only \$5. Drink specials are margaritas and draft beer \$1 from 10 p.m.-midnight. Disc Jockey for the night is “Sabor” from Fort Walton Beach.*



# Features

When the Air Force needs data analyzed or briefed, they turn to...

# The intelligence flight

**2nd Lt. Angela Rogers**

*325th Fighter Wing  
public affairs*

**T**hink about the typical James Bond movie: Agent 007 wearing a tuxedo and surrounded by high-tech gadgets, glamorous women and cool cars ... the typical stuff that goes with an intelligence career.

However, few people know that intelligence encompasses more than international intrigue and life in the fast lane.

In fact, the intelligence flight is much broader than that. "The types of intelligence needed varies from base to base," Senior Airman Kelly Hagen, 2nd Fighter Squadron intelligence journeyman, explained. "Each base has different needs, depending on their particular mission and equipment. Some bases may need linguistic, computer or targeting intelligence. Tyndall needs specialists in air-to-air combat."

At Tyndall, the intelligence personnel are members of the 325th Operations Support Squadron. The OSS provides intelligence information to many organizations on base including the wing, Training Squadron and the Weapons Evaluation Group. These organizations do not have their own personnel and rely on members of 325th OSS for current intelligence briefings.

"Our primary job is to provide intelligence to the new F-15 pilots in the B-course," said Staff Sgt. Jennifer Whalen, 1st Fighter Squadron intelligence journeyman. "The course contains six blocks of intelligence courses. Many of the pilots are newly out of training and it is their first exposure to intelligence briefings." The intelligence flight delivers briefings on F-15 capabilities, foreign weapons system threats, current world affairs and code of conduct courses, she said. They also brief pilots about air-to-air combat tactics as well as how to defeat surface to air missiles.

Each fighter squadron: the 1st, the 2nd and the 95th, has one officer and one enlisted member to brief them on current information as well as be a source of information whenever they have questions, Whalen said. "Not many enlisted people deal with pilots, and they come to us when they have questions about stuff. It's a good feeling to have the answers.

The pilots depend upon intelligence for

many things. And because Tyndall is a training base, the information is all the more vital. "They're relying on us to save their lives. If they need something briefed, you can't brief them the wrong information — credibility means a lot," Hagen said.

In order to ensure credibility, all intelligence personnel who have been assigned to an F-15 squadron come to Tyndall after technical school for the Top Off Intelligence Course, a post-tech school course for intelligence members who have been assigned to F-15 squadrons around the world, said Staff Sgt. Jesse Hawley, the Top Off Intelligence Course NCOIC.

"It's not current intel, it's to train people, like tech school. It prepares them for their next assignment to an F-15 base,"

he said. "They sit in on classes with the pilots so they know exactly what the capabilities of the F-15. This way when they go to the squadron, they can portray the threat much better. By knowing what the F-15 is, they know if a threat is going to effect it more or less."

Major Barry Wardlaw, 325th OSS intelligence flight commander, added, "It's kind of strange for some of the students, particularly when they're going through the TOIC. They're sitting by pilots with college educations and here's a one-stripe airman taking master's level information in, processing it and taking it back to their unit out in the field and saying, 'This is what this missile system can do to you and this is how you might think about defeating it'."

In addition to attending the classes with the pilots, they also have to know about foreign weapon systems as well as current world events, Hawley said. To stay sharp, the OSS coordinates weekly briefings for the intelligence personnel. Hawley said, "We make sure that everybody has the latest and greatest information and that they are passing it on to the pilots," he said.

Intelligence is important because information is constantly changing. "A lot of the bright folks end up in intel because you have to assimilate so much information," he said. "We've got a really good crew here and I've been very impressed. Intel folks have always impressed me with their knowledge and their willingness to get in there and learn what needs to be learned and pass it on."



Photos by 2nd Lt. Angela Rogers



**Top:** Staff Sgt. Jennifer Whalen, 1st Fighter Squadron intelligence journeyman, and Maj. Rob Destasio, 1st FS assistant director of operations, read files about the Russian MiG aircraft.

**Bottom:** Staff Sgt. Jesse Hawley, Top Off Intelligence Course NCOIC, middle, discusses maneuvers for the F-15 with Staff Sgt. Owen Abel, Intelligence Flight intelligence operations NCOIC, left, and Senior Airman Daniel Hope, Intelligence Flight intelligence specialist, right.



# Tyndall member trains, plays hard in order to : Bring home the gold

**2nd Lt. Chris Dunn**  
*325th Fighter Wing  
public affairs*

With the whistle of the ball through the air and the sharp ‘smack!’ as it hits the waiting leather glove, Staff Sgt. Rhonda Hayes, a Southeast Air Defense Sector air space control and weapons identification technician, and her fourteen teammates walk away from the 2000 Armed Forces Women’s Softball Championship the best-of-the-best with a record of eight wins, one loss and one beautiful gold medal apiece.

The championship was held Aug. 1-3 at the Marine Corps Air Station, Miramar, Calif. Each service fielded an all-star team and the four teams played a round-robin tournament — a total of three games a day per team.

The tournament in California followed a three-week Air Force training camp at Eglin AFB that resulted in the selection of the Air Force team. Hayes tried out with approximately 40 other women July 8-12 at Eglin. Once team coach Jesse Knight and assistant coach Master Sgt. Mark Asbury selected the 15 women who comprised the Air Force team, they had two weeks to work together before heading west to play the other services.

Hayes has played on the Air Force women’s softball team for the last five years — but nothing in all her experience prepared her for this season. “The teams at the championship were so evenly matched, we had to fight hard to get the win,” she said.

This year’s win in California was, for Hayes, the culmination of a dream. Her “gold and beautiful” medal signifies what she has strived for the last five years as a member of the Air Force Women’s Softball Team. “When you stand up in front of the entire armed forces and have a gold medal placed around your neck saying that you were the best in that field, nothing tops it,” she said. “That’s as good as it gets.”

According to Hayes, the camaraderie is the best part about being a member of the team; but the opportunities to meet new people, find out about other career fields and interact with people from all different components of the Air Force were what really caused the team to bond together and come up with a winning combination. “We trained hard for the championship

and in doing so really came together as a team,” Hayes said. “With only two weeks to train, if we hadn’t put it all together as quickly and as well as we did, we couldn’t have put it over the top.”

Knight agrees that teamwork was a pivotal force in the Air Force win. “When I first saw the team, I wasn’t sure how we would gel,” Knight said. “After a few practice games, we began to play together as a unit. The team has a lot of heart, they don’t give up.”

Even though she would be gone from work for more than three weeks, Hayes’ commander, supervisor and co-workers were extremely supportive of her quest to make the Air Force team. “They all said, ‘go for it,’” she said.

And Hayes did indeed go for the gold. Her experiences playing previously on the Air Force team, backed up by high school championships and a college softball scholarship, make her a strong authority on the subject of succeeding.

Success has been a constant goal in Hayes’ sports life, and helped her win the spot as the starting pitcher for the team. “They were looking for someone with a lot of leadership experience,” Hayes said. “The team didn’t need someone who would crack under the pressure of the stress of pitching in eight of the nine games.” In winning this gold medal, Hayes has proven that she is “the best pitcher in the Armed Forces.”

In looking to her future in softball, Hayes feels it might be time to move on to something else. “Perhaps it is best to leave the playing field on the highest note possible,” she said. “I am looking into coaching the championship team next year, and hopefully I can pass on some of the experience I have gained as a player and team member.”

Hayes is looking forward to this challenge and wants to put her experience and leadership to the test, to see if she can influence some of the younger players that are bringing talent to the Air Force team. “I would like to standardize the way the teams are selected and coached,” Hayes said. “I believe I have the skill and confidence under pressure to coach a win when the team needs it most. I think I can benefit the team the most now by coaching.”

If prior results are a forerunner of things to come, there just might be more gold in store for the Air Force Women’s Softball Team, and Coach Hayes might be leading the way.



2nd Lt. Chris Dunn  
**Staff Sgt. Rhonda Hayes, Southeast Air Defense Sector airspace control and weapons identification technician, takes a well-deserved break after pitching for the gold in the 2000 Armed Forces Women’s Softball Championship.**



Courtesy photo  
**Hayes pitches during day two of the championship. She was the starting pitcher for six of the nine games and pitched in eight of the games.**



Courtesy photo  
**The Air Force’s 2000 Armed Forces Women’s Softball Championship team pose with their gold medals. Hayes is in the front row, second from the right.**

# DOD attacks Ecstasy drug use

**Gerry J. Gilmore**  
*American Forces Press Service*

**WASHINGTON (AFPN)** — What drug comes in tablets, makes “painful” realities go away and is popular among hedonistic young people today — including some service members?

The answer is an illegal “designer” drug called Ecstasy, also known as “Adam,” “XTC,” “Clarity” and “Es-sence,” among other street names. Its use by service members increased markedly in Fiscal 1999, and that is a concern to the Department of Defense, said Army Col. Mick Smith, science and testing officer of the DOD’s Office of the Coordinator for Drug Enforcement Policy and Support.

The DOD has tracked Ecstasy and service members’ use since the early 1990s. “Our primary concern was that this was a popular drug in Europe, and we had service members stationed there,” Smith said.

The DOD mandated service-widerandom testing for Ecstasy in 1997.

“Ecstasy use is still not as prevalent as use of marijuana or cocaine,” Smith said.

Ecstasy is the common name for 3, 4-methylenedioxymethamphetamine, a synthetic psychoactive drug. It has no medical value and cannot be prescribed legally, Smith said. The drug is mostly manufactured in secret labs in the Netherlands and Belgium with worldwide

distribution arranged by organized crime. Most people who use Ecstasy range in age from 14 to 25, with 18 being the most common age, he said.

When ingested, Ecstasy is quickly absorbed into the user’s bloodstream, Smith said. It goes to the brain and causes a massive release of a natural chemical called serotonin.

“Serotonin is a chemical that makes us feel good, so the Ecstasy user feels euphoria and a heightening of their senses,” he said. “The user will also experience increased heart rate, increased energy level and may hallucinate.” One “hit” of Ecstasy, which can cost up to \$30, may last four to six hours, Smith added.

However, Ecstasy has a dark downside not readily apparent to the “invincible” young people who use it, said Staff Sgt. Stewart Murr, 325th Medical Operation Squadron Alcohol and Drug Prevention and Treatment Program NCOIC, “People don’t always realize the dangers of Ecstasy because it is a pill.” He added, “It’s not only illegal, but it’s dangerous.”

Recent scientific evidence has shown that even small amounts of Ecstasy damage the nerve cells that produce serotonin and cause permanent brain damage. “Users become depressed and suffer from memory loss,” Smith said. “Some chronic users become permanently depressed.”

Smith notes that Ecstasy has been

popular since the late 1980s among young people overseas, particularly in Europe. The drug has become a signature of youthful crowds that dance all night in packed, overheated clubs called “raves.”

The drug has crossed the Atlantic in force: U.S. hospitals participating in the Drug Abuse Warning Network reported that Ecstasy-related emergency room incidents increased nationwide from 250 in 1994, to 637 in 1997 to 1,142 in 1998.

Ecstasy abuse can be dangerous. “Users taking too much Ecstasy may become dehydrated, have elevated temperature, have a drop in blood pressure, have a seizure and die,” Smith said. “There have been numerous reports of young people dying after Ecstasy use.”

Each 300-milligram Ecstasy tablet contains about 75 to 150 milligrams of the drug, often mixed with other chemicals, Smith said. The tablets may be branded with logos such as butterflies, lightning bolts, zodiac signs and stars.

The president’s Office of National Drug Control Policy reports that most Ecstasy comes from Europe, but noted recently that the Drug Enforcement Administration seized five clandestine Ecstasy labs in the United States in early 1999.

Special Agent Brian Tindall, Det. 419 Air Force Office of Special Investigations superintendent said, “The AFOSI takes Ecstasy use very seriously. As a result, new technologies are

being successfully employed to combat Ecstasy use.” The U.S. military uses education and deterrence — most notably in the form of random urinalysis testing — to reduce drug demand within its ranks, Smith said. These efforts continue to be successful, as shown by the relatively low number of service members who are testing positive for illegal drug use.

The DOD conducted 2,273,998 urinalyses in Fiscal 1999, according to Smith. Marijuana positives were 12,006, cocaine positives were 2,839, methamphetamine positives were 807, Ecstasy positives were 432 and lysergic acid diethylamide — LSD — positives were 325.

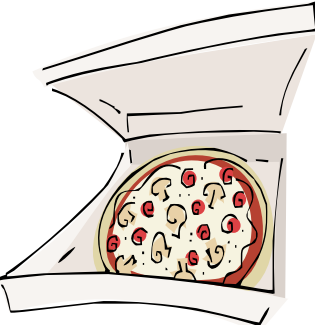
Additionally, the Defense Department has worked for three years to develop a better drug test, Smith said.

“The DOD has also been working with law enforcement officials to track and identify sources of supply and regions where Ecstasy use is most prevalent. The largest recent increase in use has been in the Northeast.”

Using Ecstasy violates Article 112-A of the Uniform Code of Military Justice, Smith said. The article outlaws the knowing use of any illegal drug in the military. Drug users are subject to punitive discharges, prison or both.

“Many drug users believe that they will not get caught, but when they do get caught in a random drug test, the consequences are harsh,” he concluded.

## Sports Page Pizza Pub



**All you  
can eat  
pizza  
buffet**

**10:30 a.m.-1 p.m.  
Monday and Thursday**





# AF celebrates Hispanic heritage

**Airman 1st Class Veronica Vera**  
*325th Training Squadron*  
*director of operations section*

Once again, the time has come to celebrate Hispanic heritage and recognize the contributions made by Latin Americans in the United States. Last year, we moved forward with a vision for the 21st century. This year, our theme is to look back to the days spent dreaming of what we would become.

Looking at our children, we see our future. Hispanic Americans are making their mark on the rest of the world more than ever, and it all starts with the children. Our children’s dreams are innocent and filled with hope and they become our hope. Now is the time to start teaching our children not only their roots as Hispanic Americans but also their history as Americans. In this

way, when the future becomes the present, our culture will continue to be strong in the hearts of our young Hispanic Americans.

Hispanic Americans are the fastest growing minority in the United States. Our children will one day lead the growing population of Hispanics. These youths will one day rewrite our history books for future Hispanic Americans. They will be examples to a new generation but first we need to become examples for them.

In addition, we can also help by contributing to organizations set up to help our growing future.

The Combined Federal Campaign provides all federal employees the opportunity to donate to the charitable organization of their choice. Among the choices are more than 50 different organizations that deal specifically with children. Through the CFC, military

members can do their part to help keep our children working together and pointed in the right direction. If we are able to keep our children working together, we can ensure that the United States will continue to walk hand-in-hand with various Hispanic American countries.

In 1999, military members donated more than \$217 million to the CFC, about 25 percent of which went to a charitable organization dealing with children. Hispanic Americans in the military serve as a foundation and an example for these impressionable young Hispanics.

In assuming these leadership roles, we can teach our youth how to become strong leaders for our future generations. When we look into our children’s eyes, we should see the hope for a new generation of Hispanic Americans in the United States.

## Spotlight



2nd Lt. Angela Rogers

### Staff Sgt. Charles Dill

**Squadron:** 325th Operations Support Squadron  
**Job title:** Weather forecaster  
**Years at Tyndall:** One and a half  
**Hometown:** El Paso, Texas  
**Why did you join the Air Force:** To travel the world, see different places and cultures and make new friends.  
**Most exciting facet of your job:** Forecasting and observing severe weather events.  
**Short term goals:** Finish my Community College of the Air Force degree.  
**Long term goals:** Go wherever the Air Force sends me — hopefully overseas.  
**Favorite book:** “The Sphere”  
**Favorite movie:** “The Shawshank Redemption”  
**Hobbies and off-duty activities:** Planting aquariums, running and spending time with my family.



Your link  
to what’s going on



SEPTEMBER

**FRI 15** **MIA/POW Day**  
National Missing in Action and Prisoner of War Recognition Day is today. A luncheon will be held at noon in the NCO club; a memorial service will be 3:30 p.m. in Chapel 1 and a retreat ceremony will be 4 p.m. in Tyndall’s Flag Park. The 24-hour vigil run will also end at the start of the retreat ceremony. Anyone interested in participating may call Senior Master Sgt. Samuel Kimbrel, 283-7729.

**Raptor poster**  
The F-22 Raptor poster “Raptor Over Tyndall” is available in the Tyndall Base Exchange mall area today-Sunday. Artist Ken Redd will be signing the posters each day from 11:30 a.m.-12:30 p.m.

**Bunko tournament**  
The Tyndall Officers’ Wives’ Club’s bunko tournament will begin with a 6:30 p.m. social hour and 7:15 p.m. buffet dinner on Tuesday in the Tyndall Officers’ Club. The bunko tournament will follow. Reservations can be made by noon today. For more information, call Schala Duckett, 286-2222.

**TUE 19** **‘IT Exposition 2000’**  
‘IT Exposition 2000’, a technology and computer exposition, will be 10 a.m.-2 p.m. Tuesday in the Tyndall Officers’ Club. The latest in current and developing technologies will be presented. There is no fee to attend, and everyone is invited. For more information, call (800) 878-2940 extension 234 or e-mail: [nell@fbcdh.com](mailto:nell@fbcdh.com).

**Couples’ workshop**  
The four-session couples’ communication workshop will continue 3-5 p.m. Tuesday and Sept. 26 in the family advocacy conference room. For more information or to register, call family advocacy, 283-7272.

**Boating skills course**  
The Coast Guard Auxiliary Flotilla 19 boating skills and seamanship course will continue 7-9 p.m. Tuesday in the classroom next to the Coast Guard Station on the Coastal Systems Station. The course will offer knowledge of seamanship and navigation rules. There is no charge for the instruction, but a \$25 material charge is necessary for the textbook and study guide. The course will meet Tuesday and Thursday evenings until Oct. 10. For more information and a course schedule with a map to the classroom location, call Don O’Neal, 769-1896.

**Boating safety course**  
The Coast Guard Auxiliary Flotilla 16 boating skills and seamanship course will continue 7-9 p.m. Tuesday and Thursday in Room 231 of Gibson lecture hall in GCCC’s Student Union East building. The core portion of the course will be Tuesdays and Thursdays, ending Oct. 2. The full course will end Oct. 31. The cost of the course is \$30 for the text and workbook. For more information, call Paul Sutliff, 271-0650, evenings, or visit the Flotilla web site at

[www.gctr.com/flotl\\_6.html](http://www.gctr.com/flotl_6.html).

**WED 20** **Smooth-move workshop**  
A smooth-move workshop will be 9 a.m.-noon Wednesday in the family support center classroom. Topics will include travel pay, military and civilian pay entitlements, claims filing, clearing base housing and dorm rooms, outprocessing tips and stress management. Spouses are encouraged to attend. For more information or reservations, call the family support center, 283-4204.

**THU 21** **Siblings’ preparation class**  
A siblings’ preparation class for children ages 2-10 and their parents will be 11 a.m.-noon Thursday in the family advocacy conference room. For more information or to register, call family advocacy, 283-7272.

**FRI 22** **Resume workshop**  
A resume workshop will be 8-10 a.m. Sept. 22 in the family support center classroom. Assistance will be given in resume preparation and production. For more information or reservations, call the family support center, 283-4205.

NOTES

**Highway 98 milling**  
Anderson Columbia is milling the westbound lanes of Highway 98 from the Dupont Bridge through Tyndall Drive. Work will then proceed in the eastbound lanes. They are also planning to place asphalt shortly before the milling is complete. Motorists are advised to exercise extreme caution when traveling to and from the base as lane closures are expected.

**Volunteer openings**  
Volunteer job openings are available at the Tyndall Library. Duties may include everything from storytelling to checking out materials. For more information, call Ken Horton at the family support center, 283-4204.

**Connecticut Air National Guard openings**  
Immediate part-time Connecticut Air National Guard positions are available with the 103rd Air Control, Orange, Conn. for those wanting to use the ‘Palace Chase,’ ‘Palace Front’ or ‘Early Out’ programs. For more information, call Master Sgt. Harold Rogers Jr., DSN 636-8905, (800) 582-5509 or (203) 795-2905.

RETIREE NEWS

**DEERS**  
The military personnel flight’s customer service office can issue new identification cards and make changes to personal information in the DEERS system on a walk-in basis. However, because the DEERS system is sometimes unavailable due to scheduled maintenance or unscheduled outages, MPF suggests calling the office, 283-2242, before going to customer service.

**Health-care help**  
Two new positions have been established at military treat-

ment facilities which should help active-duty members, retirees and survivors find answers to health-care questions. Beneficiary Counseling and Assistance Coordinator, Jim Blanchard, 283-7331, can provide help to beneficiaries who have questions regarding their health-care entitlements. Debt Collection Assistance Officer, Debbie Martin, 283-7331, can help in resolving adverse-credit rating problems or unpaid TRICARE claims sent to collection agencies.

**Elections**  
The general election will be held Nov. 7. Retirees are encouraged to register and go to the polls. Issues that affect retirees are being discussed and legislated now.

**Retiree Day**  
Retiree Day 2000 at Tyndall will be Oct. 13-14. More information will be offered in next week’s retiree newsletter.

**RAO newsletter**  
If you are a military retiree and can volunteer a few hours each week in the Tyndall Retiree Activities Office, call 283-2737 between 9 a.m. and noon or e-mail: [tyndallrao@aol.com](mailto:tyndallrao@aol.com). Home delivery of the *Gulf Defender* is available for \$16.50 a year by calling the *Panama City News Herald*, 747-5000 or (800) 945-8888.

Air Force retiree news is also posted on the Tyndall Home Page. Visit the news section to see an electronic copy of the *Gulf Defender* posted weekly or visit the Air Force Retiree Affairs Home Page at Randolph AFB, Texas through Tyndall’s Retiree Activities link at: [www.tyndall.af.mil](http://www.tyndall.af.mil).

YARD SALES

The following yard sales are scheduled for Saturday: 3544-B Andrews Loop, 2335 Grant Drive, 3472-A Hunt Court, 3191-B Constellation Circle, 2761-B Thunderchief Drive and 3127-B Dagger Drive. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

**Today:** “Nutty Professor II, The Klumps” (PG-13, crude humor and sex-related material, 107 min.)  
**Saturday:** “Nutty Professor II, The Klumps”  
**Sunday:** “Scary Movie” (R, strong crude humor, language, drug use and violence, 88 min.)  
**Thursday:** “Scary Movie”

BERG-LILES DINING FACILITY

**Today**  
Lunch: meat loaf, mustard-dill baked fish  
Dinner: french-fried fish, savory-baked chicken

**Saturday**  
Lunch: baked ham, Cajun-baked fish  
Dinner: hamburger Parmesan, creole pork steaks

**Sunday**  
Lunch: baked chicken, onion-lemon baked fish  
Dinner: baked Italian sausage, baked tuna and noodles

**Monday**  
Lunch: tamale pie, baked fish  
Dinner: lasagna, Szechwan chicken

**Tuesday**  
Lunch: Caribbean jerk chicken, pork adobo  
Dinner: country captain chicken, mustard-dill baked fish

**Wednesday**  
Lunch: barbecued chicken, spicy baked fish  
Dinner: Swedish meatballs, savory baked chicken

**Thursday**  
Lunch: chicken Parmesan, golden-fried fish  
Dinner: roasted pork loin, Hungarian goulash  
Menus are subject to change.

●**HEROES from Page 5**  
suffer? Was it quick? Could they still be alive? We'll never know how great the load they bear truly is.

Today, National POW/MIA Recognition Day, we should take time from our busy schedules and show these family members and all former POWs that we remember and are thankful for the sacrifices they and their loved ones have made for the cause of freedom. And that we'll not settle for anything less than a full accounting of those 2,000 souls still unaccounted for.

POW/MIA recognition ceremonies will be held throughout the nation and around the world on military installations and ships at sea, in state capitals, schools, churches, national veteran and civic organizations as well as at police and fire departments.

The focus of each will be to make sure that America remembers its responsibility to stand

behind those who served our nation so valiantly and do everything possible to account for those who did not return.  
I encourage each of you to take time away from today's business to reflect and honor the sacrifices the Bardens and Browers of the world and all former prisoners of war have made. It is my hope and prayer that all those still missing will someday be accounted for. But until that day comes, let's remember...

Tyndall is holding a 24-hour POW/MIA Vigil Run at Flag Park that ends today at 4 p.m. Spectators are welcome to come out and inspire the runners as they circle Flag Park.

There is also a luncheon today at noon in the officer's club a memorial service at 3:30 p.m. in chapel 1 and a retreat ceremony at 4 p.m. today in Flag Park.

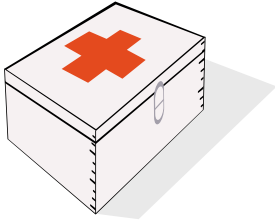
For more information on Tyndall's POW/MIA day activities, see Page 12.

## Tyndall's chapel schedule

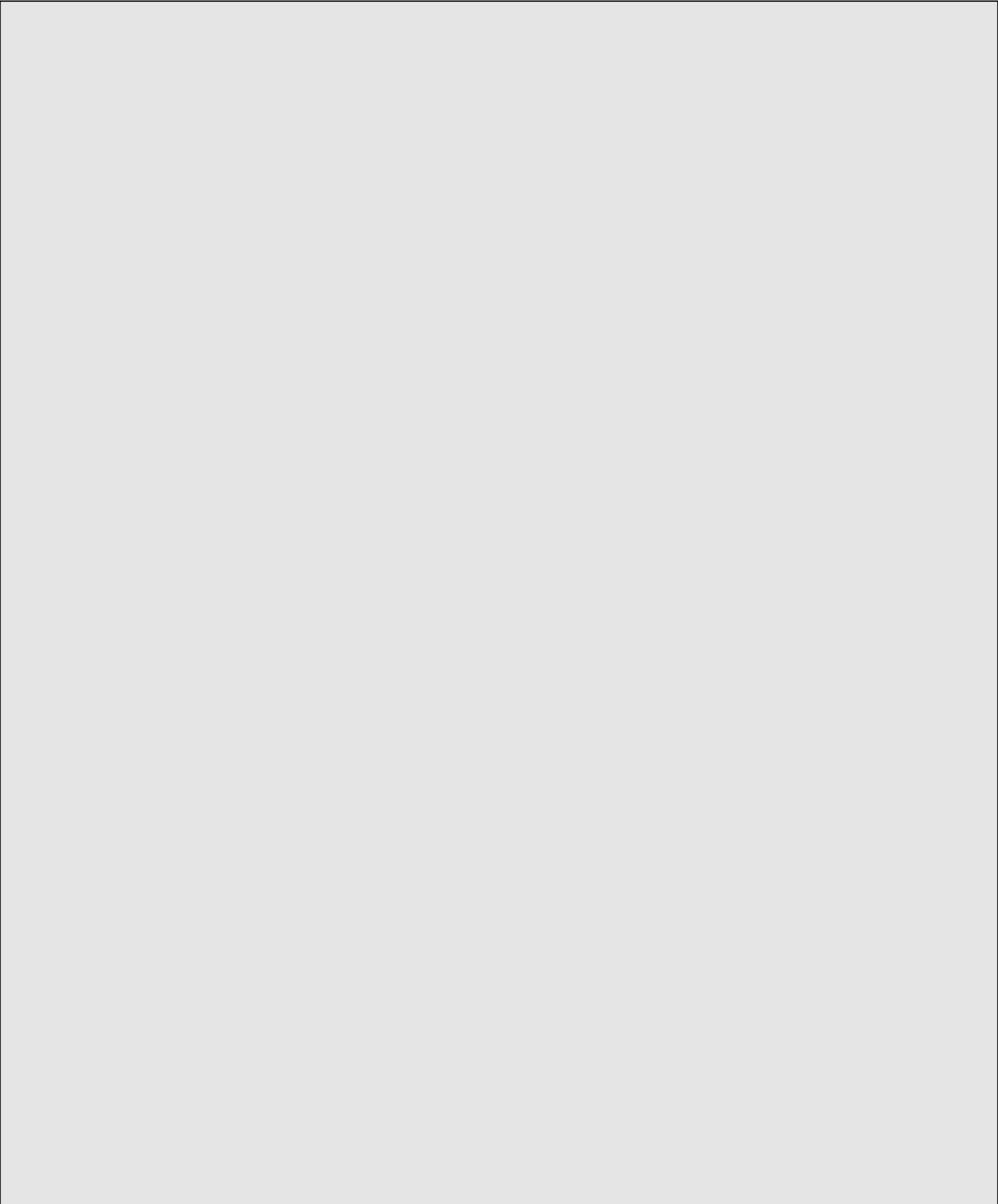
<b>Protestant</b> Communion Service: 9:30 a.m. Chapel 1 General Protestant Service: 11:00 a.m. Chapel 2 Sunday school: starts 9:30 a.m. Sept. 17 Kids' Club: 2:45-5:45 p.m. Wednesday <b>Catholic</b> Daily Mass: noon Monday through Friday, Chapel 2;	Reconciliation: 4 p.m. Saturday Mass: 5 p.m. Saturday, Chapel 2 Mass: 9:30 a.m. Sunday, Chapel 2 Religious education: 10:40 a.m. Sunday Chapel 1: 283-2691 Chapel 2: 283-2925 Spiritual Maintenance: 283-2367 <b>Other faith groups:</b> Call 283-2925
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## Save a life; give blood



*A Red Cross blood drive will be 9 a.m.-3 p.m. today at the community activities center and noon-6 p.m. at the 53rd Weapons Evaluation Group. For more information, call 1st Lt. Dana Hosier, 283-4512.*





# Sports and Fitness

## A good fitness program includes three steps

*Courtesy of the Tyndall Health and Wellness Center*

A complete fitness program combines activities to improve each of the three aspects of fitness: flexibility, strength and endurance. Each exercise session can be divided into three phases: a warm-up, an “aerobic” exercise or more vigorous conditioning period and a cool-down.

If you haven’t exercised regularly in some time, or have pain, stiffness, shortness of breath or weakness that interferes with your daily activities, you should begin your fitness program with a flexibility and strengthening warm-up, getting ready for more vigorous conditioning exercises at the next stage. If you have severe limitations, you may need to limit your fitness program to warm-up exercises only.

**The Warm-Up**

A warm-up routine consists of flexibility and strengthening ex-

ercises, and a gradual increase in your activity level. It increases circulation in your muscles, nourishes joints and safely prepares your heart and lungs to work harder during the aerobic exercise period. Maintaining flexibility and strength is vital for everyone, particularly for people with chronic disease. A warm-up routine, therefore, should always be an important part of your exercise program.

For people with severe limitations, warm-up exercises may be all they do, and that’s OK. You can have positive health benefits from a regular exercise program too.

Always do flexibility and strengthening exercises before your aerobic exercise period. On the other hand, you don’t necessarily have to go on to the exercise period; on some days you may want to do only the gentle warm-up exercises and not the more vigorous exercise. Doing some flexibility exercises at least three times

a week helps you keep the exercise habit and maintain optimal flexibility.

Choose a variety of flexibility and strengthening exercises. Start with three to five repetitions of your chosen exercises, exercising for a total of one to 10 minutes. Each week, add a few exercises and increase repetitions until you are doing flexibility and strengthening exercises for five to 15 minutes at a time. You can also get the benefits of 15 minutes of exercise, for example, by doing one minute each hour, or two minutes every other hour.

Depending on your needs, you can choose a combination of exercises that include all parts of your body. Or you can work on particular body areas, changing exercises as needed. Ask a physical therapist for specific suggestions.

You might enjoy creating a routine of warm-up exercises that flow together. Arrange them so

you don’t have to get up and down off the floor often. Exercising to gentle, rhythmic music can also add to your enjoyment. When you can comfortably do 15 minutes of strengthening and flexibility exercises, you’re ready to add five to 10 minutes of more vigorous “aerobic” conditioning, followed by a cool-down period.

**Aerobic (Endurance) Exercise**

There are many kinds of aerobic exercise. They all involve continuous, rhythmic movement of the large muscles of the body at a moderate level of intensity. Walking, swimming, bicycling and aquatic exercise are popular examples of aerobic activities, especially for people with chronic disease. But there are many more. Dancing, gardening, mowing the lawn and even housework will qualify as long as you keep moving for at least 10 to 12 minutes at a time.

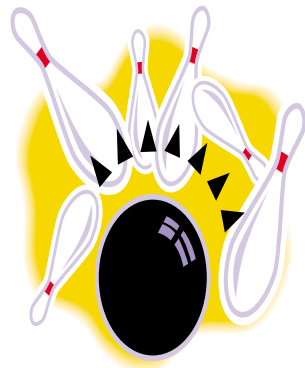
**The Cool-Down Period**

A short five to 10 minute cool-

down period after you have finished a vigorous activity is important to help your body gradually relax again. The cool-down allows your heart to slow gradually, lets your body lose some of the heat you generated during exercise and gives your muscles a chance to relax and stretch out. Gentle stretching during the cool-down helps reduce the muscle soreness and stiffness that sometimes follows vigorous activity.

To cool down, continue your aerobic exercise in “slow motion” for three to five minutes. For example, after a brisk walk, cool down with a casual stroll. End a bicycle ride with slow, easy pedaling. It is also good to do some flexibility exercises because your muscles and joints are now warm. If you have been walking or bicycling, be sure to include the Achilles Stretch. On days that you decide to do only light warm-up exercises you may still include your cool-down routine.

**Bowl a few frames at *Raptor Lanes***



**Hours of operation**

Monday-Wednesday:  
10 a.m.-10 p.m.  
Thursday: 9 a.m.-midnight  
Friday: 10 a.m.-2 a.m.  
Saturday: 9 a.m.-2 a.m.  
Sunday: 1-8 p.m.

**Give it a try, it’s a ball!**



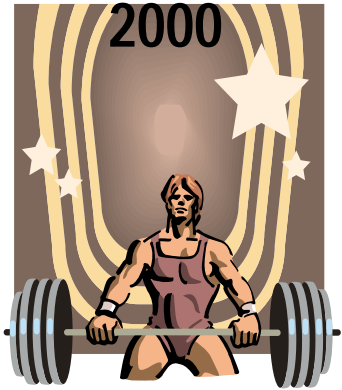


Tech. Sgt. Mona Ferrell

## Running for health

Airman 1st Class Marcus Adams, 325th Contracting Squadron contracting specialist, takes a jog during his lunch break Wednesday. Exercising outside is a great way to get physically fit while enjoying the outdoors. However, remember to stay properly hydrated.

## Muscle Beach



The Tyndall Sports and Fitness Center will hold a bench press competition 11 a.m. - 4 p.m. Oct. 28 at the sports and fitness center. The competition is open to all active-duty members, reservists, Department of Defense employees, government contractors and Bay County residents. There will be weight classes for men, women and youth. For more information, call the fitness center, 283-2631.